

2008-2009 MFSC Skating Season NEWSLETTER

It's that time of year again! The skating season is just around the corner.....

Beginners - The beginner sessions will be offered on TUESDAY from 5-5:30pm or 5:30-6pm. Skaters must be able to stand on the ice with skates. Helmets are required. Skaters will be monitored by a certified coach and Program Assistants.

CanSkate - This session is a Learn to Skate program for all skaters. CanSkate (Stages 1-6) will be on TUESDAY NIGHTS from 5-6pm. Skaters will be in groups (based on their stage) and work on skills with a Program Assistant and also receive a 10 minute group lesson with a certified coach per night.

Learn to Compete (LTC) - This session is for skaters who want to compete and star in our annual ice show in January. Skaters will have their own one minute solo and work on skills in small groups and one-on-one with a certified coach. This session will prepare skaters for the STARSkate program.



What's new... This season we are trying a few new things to accommodate our skaters and to instill Skate Canada's guidelines. We will be referring to our Intermediate and Seniors Skaters as STARSkaters (Preliminary – Gold). All the skills that we have been teaching are the same and will continue to stay the same. Once Skaters complete CanSkate they are able to go to the STARSkate Program. In order to follow the requirements of STARSkate there will be a group lesson on Wednesdays from 5-6 pm which will be lead by either Dawn or Melissa. This session will be included in your registration fees. Skills worked on will include edges, spins, jumps, field movements, stroking, program ice, etc. We have also added an extra hour of ice per week, to accommodate all lessons. Please complete the lesson request form in order to request the number of lessons for your skater(s). The coaches and the executive feel very positive about this change and hopefully the skaters will benefit from it as well. If you have any questions please feel free to talk to any of the coaches and/or executive members.

Skating Sessions

Tuesday: 5-5:30 pm: Beginners
5:30-6 pm: Beginners
5-6 pm: CanSkate (Stage 1-6)
6-7 pm: Learn To Complete (Stage 2-6)
Wednesday: STARSkate 5-6 pm: Group Session
6-8 pm: Private lessons
Friday: STARSkate 5-5:15 pm: Patch
5:15-6 pm: Dance and Skills
6-6:15 pm: Stroking
6:15-8 pm: Private lessons

Dates To Remember

Registration – September 4th at the Arena
Skating Starts – Wednesday September 10th
CanSkate Starts – Tuesday September 23rd
Pictures – Nov 4th (CanSkate) and Nov 5th (STARSkate)
STARSkate Test Day: Friday December 12th
STARS on ICE – Friday January 23rd
STARSkate Test Day: Friday March 6th
Carnival – Sunday April 5th

Competitions

Dec 6-7: Lindsay Skate 2008 (STARSkate)
Jan 17-18: Woodville Invitational (CanSkate)
Jan 24-25: Trent Interclub in Frankford
Jan 31-Feb 1: Blades in Baltimore (STARSkate)
Feb 14-15: Apple S'pie'Rals 2009 in Colborne (CanSkate)
Feb 20-22: EOSIC in Whitby (STARSkate)

Program Assistant Training

There will be 2 dates for P.A training that all P.A's will need to attend. Please let Melissa or Dawn know whether you are willing and available to be a P.A this season.

Your Coach's and Executive

